

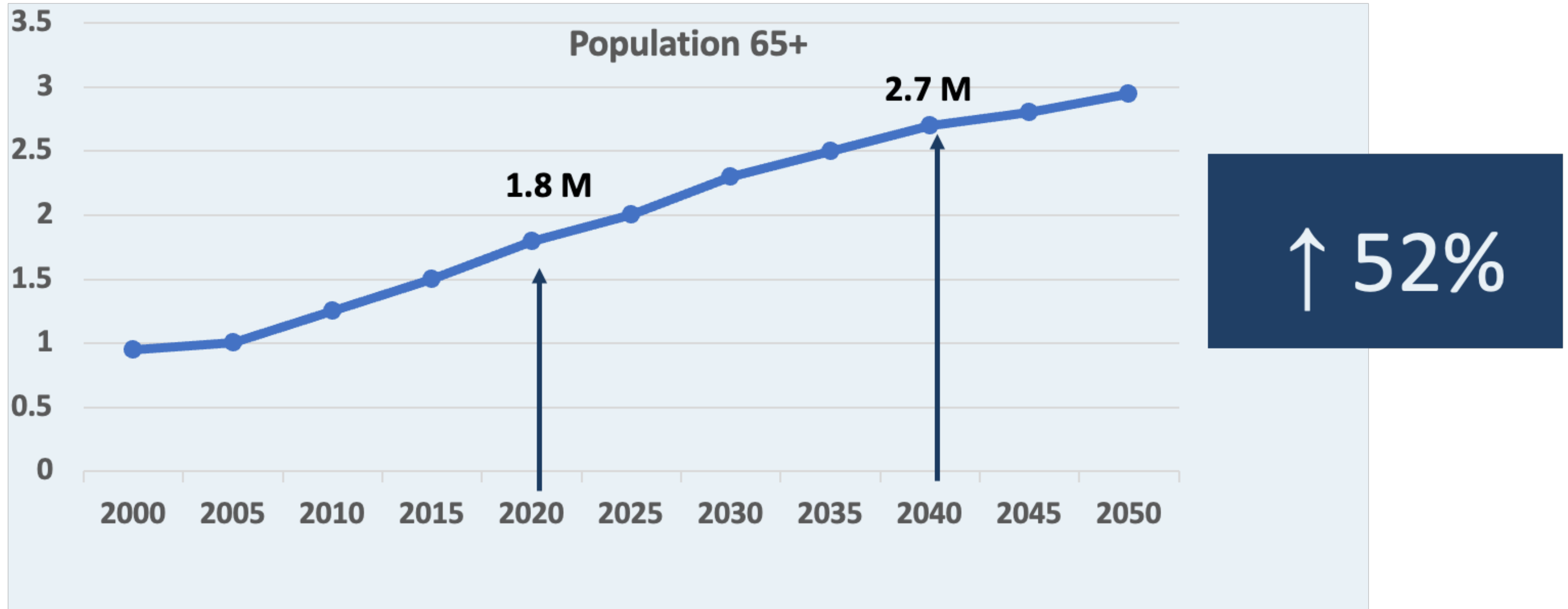
NC Department of Health and Human Services

2023-2027 State Aging Plan: Advancing Equity in Aging – A Collaborative Strategy for NC

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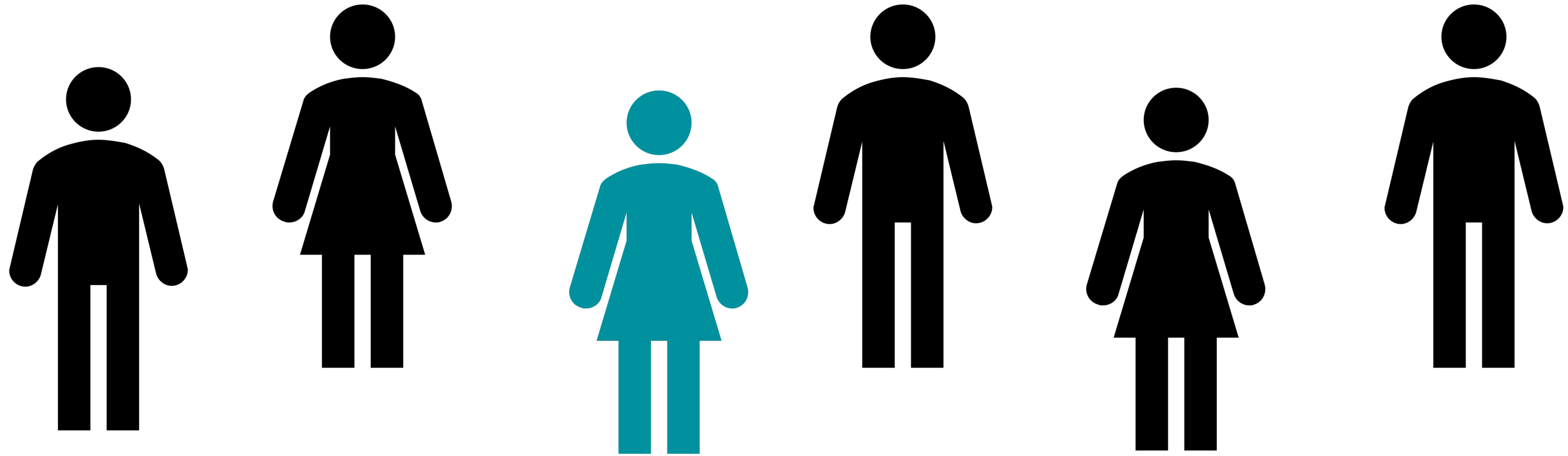
June 2023

NC is Aging



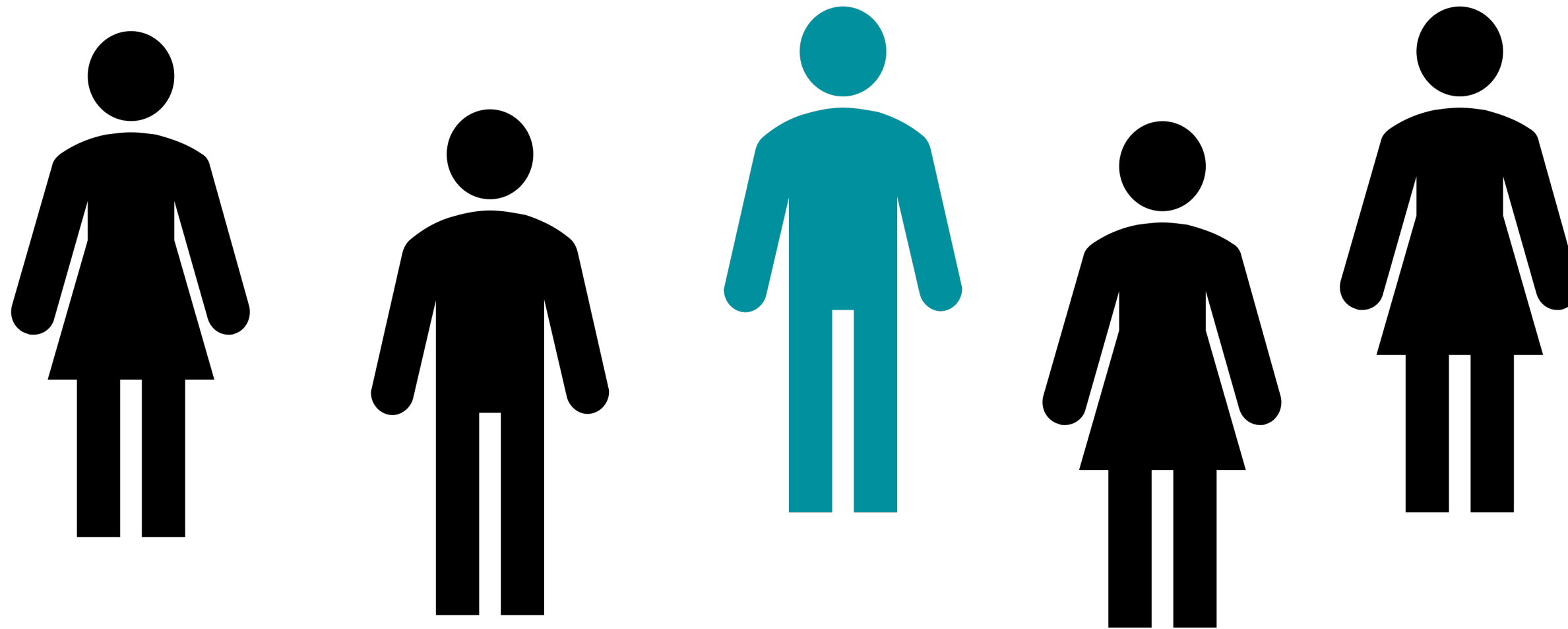
- U.S. Census Bureau, American Community Survey 2020, one-year experimental data estimates. Table XK20014: Population by Age. 2020 ACS 1-Year Experimental Data Tables www.census.gov

2020



1 in 6 are 65+

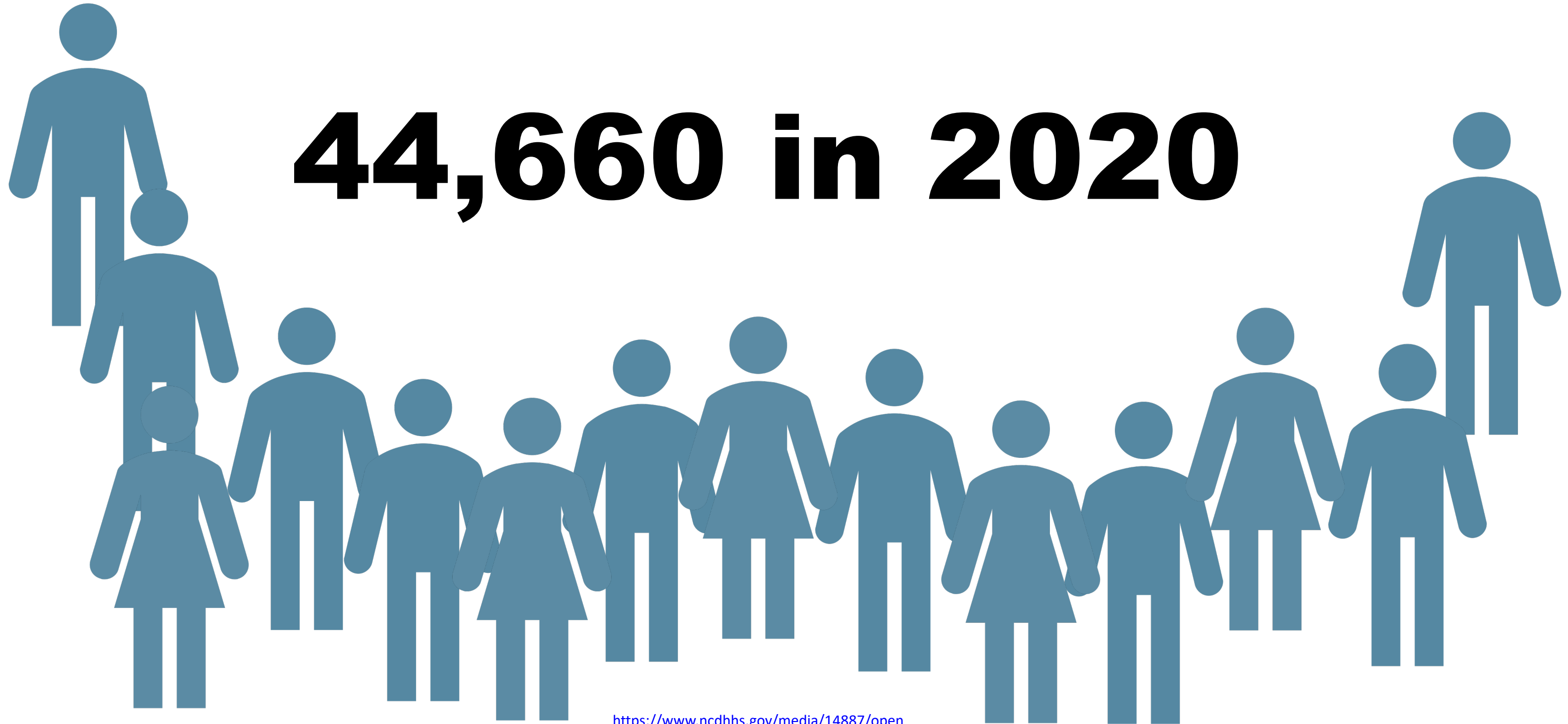
2028



1 in 5 will be 65+

Migration

44,660 in 2020



<https://www.ncdhhs.gov/media/14887/open>

National Rankings

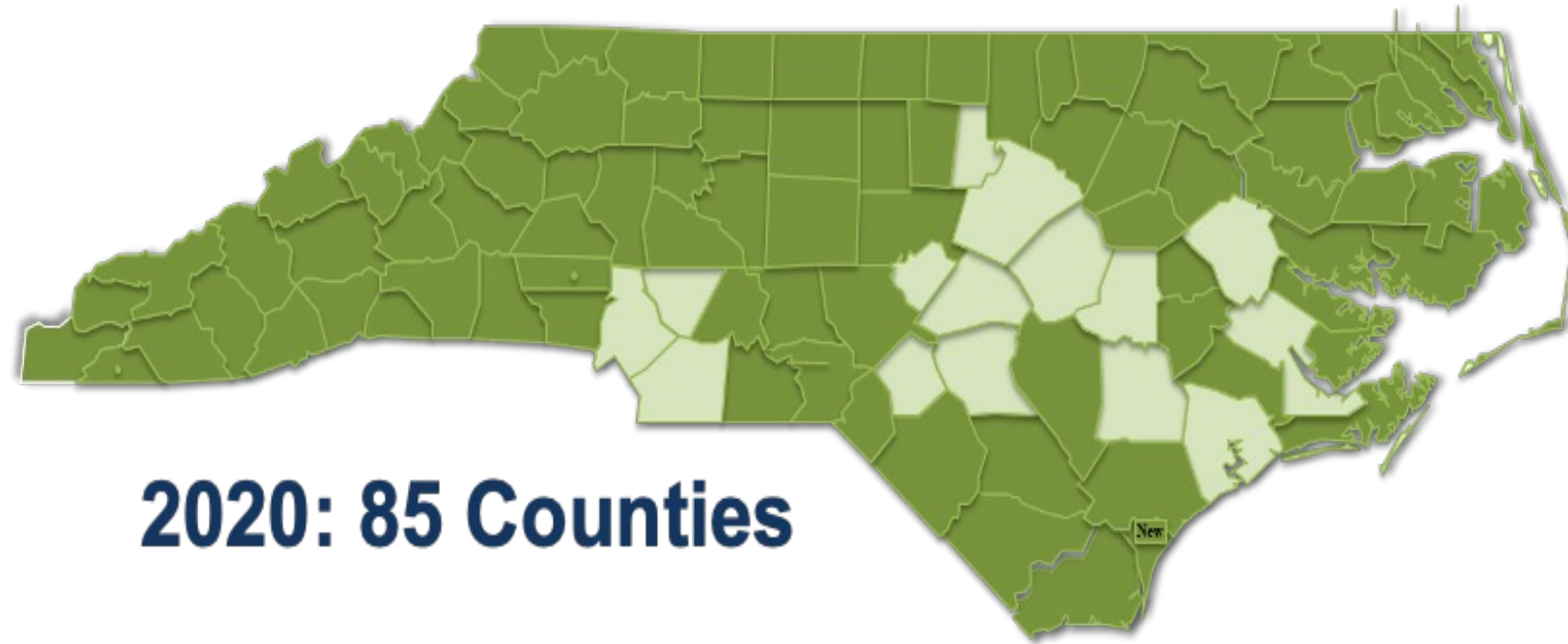
9th in total
population

8th in population
65+

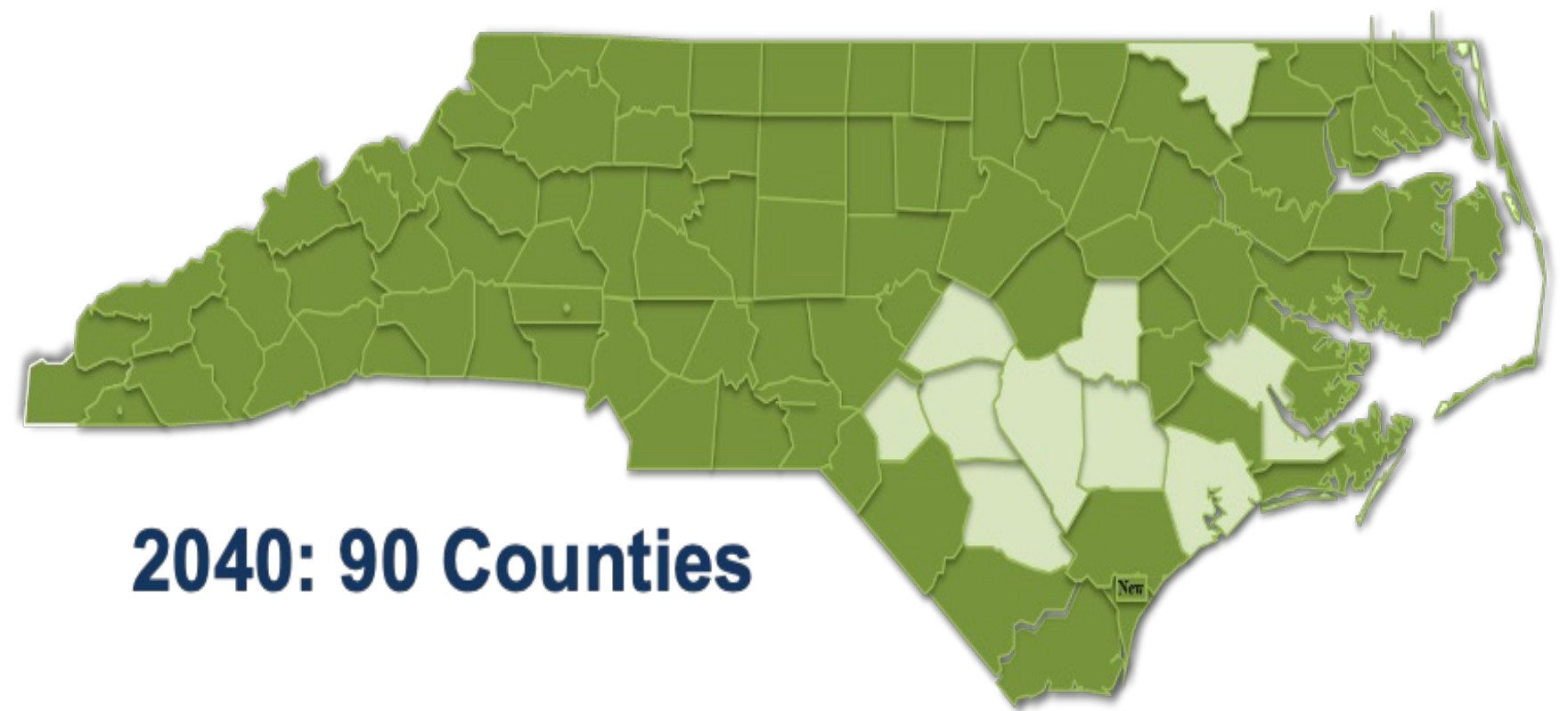
Profile of Aging in NC



Counties with more people ages 60+ than 0-17



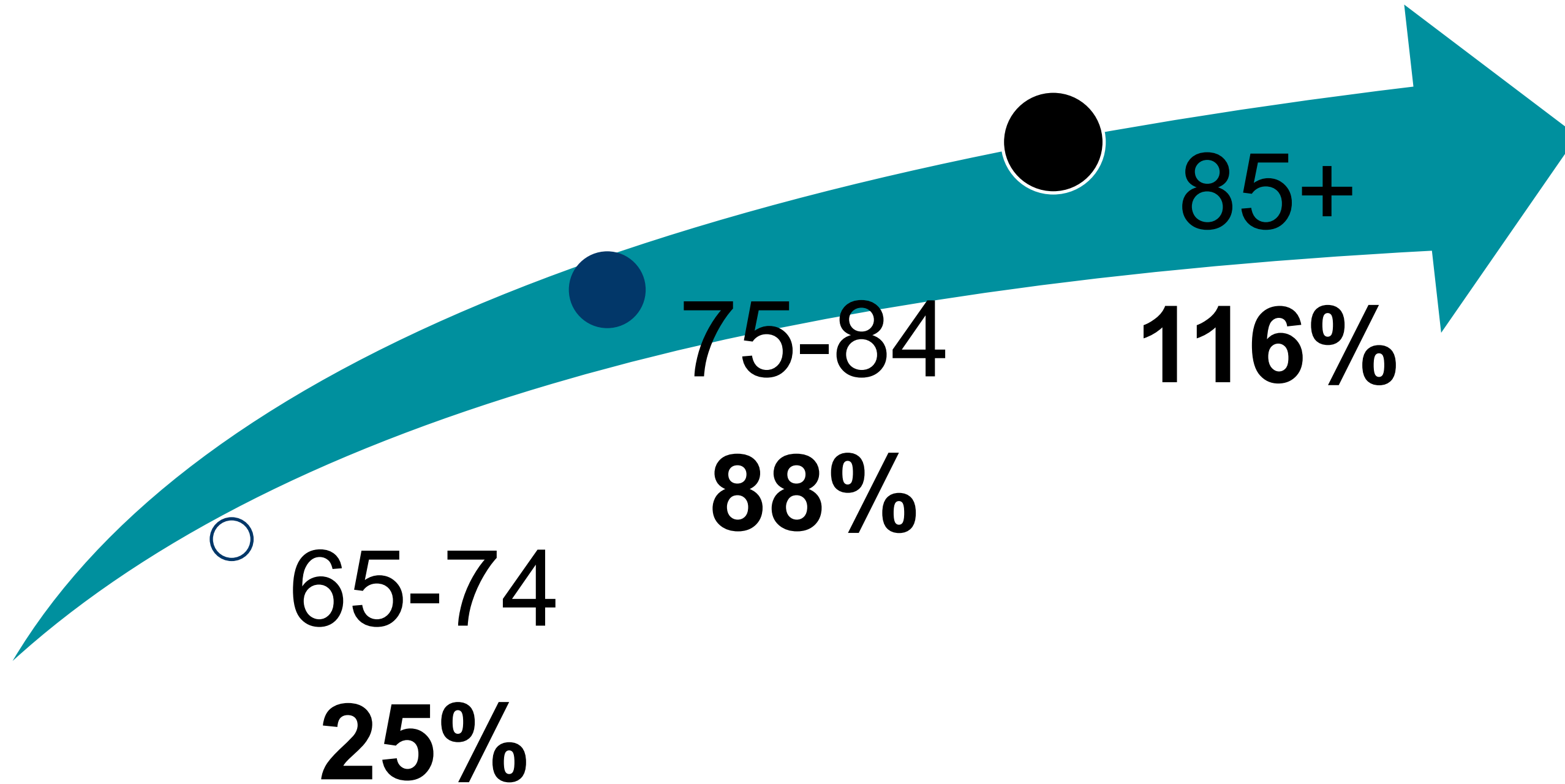
2020: 85 Counties



2040: 90 Counties

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040
<https://www.osbm.nc.gov/facts-figures/population-demographics>

Projected Population Growth



<https://www.ncdhhs.gov/media/14887/open>

Race/Ethnicity and Social and Economic Characteristics, 65+

78% White: 77% are White (not Hispanic or Latino)

17% Black or African American

1.5% Asian

0.9% American Indian and Alaska Native

1.4% Two or more races

2.3% Hispanic or Latino



14% Less than high school education

28% Bachelor's degree or higher

9% Live below 100% poverty

10% In 100%-149% poverty level

Census Poverty threshold 2021:

- \$12,996 for an individual age 65 or older
- \$16,400 a household of two people with a householder 65 years or older



18% In labor force



83% Have one or more chronic conditions
(30% of those ages 65-75 and 50% of those ages 75 and up have hearing loss.)

Why is the State Aging Plan Important



State Plan Requirements

Required by NC General Statute 143B-181.1A and by Section 307 of the federal Older Americans Act (42 U.S.C. § 3027)

Submitted every 4 years

Provided to the General Assembly by June 2023 and subsequently to the U.S. Administration for Community Living by July 2023

- Plan needs to include:
 - Goals
 - Objectives
 - Strategies
 - Measures
 - Description of how the state monitors quality

Needs Assessment

7 Listening Sessions:
6 In-Person Listening Sessions + 1 Virtual Statewide Listening Session

- 350 attendees

2 Surveys: Aging Plan Community Survey + Age My Way NC Survey

- 3,793 responses

Domains of Livability Roundtable Discussion:

- 180 subject matter experts

Listening Session Key Themes

Wilmington	Affordable Housing	Transportation/ Mobility	Caregiver Support	Access to Information and Services	Funding
Sylva	Affordable Housing	Transportation/ Mobility	Caregiver Support	Digital Gap/Technology Access	Mental Health/Social Isolation & Substance Abuse
Kernersville	Affordable Housing and Home Assistance	Caregiver and LTC Support	Transportation/ Mobility	Digital Gap/Technology Access	Nutrition: Food Insecurity
Lumberton	Affordable Housing and Housing Assistance	Transportation/ Mobility	Social Isolation and Social Engagement	Caregiver Support	Access to Information & Expansion for Funding of Programs (ex. SCEP)
Greenville	Affordable Housing	Caregiver and LTC Support	APS Support (standardized services & trainings)	Transportation/ Mobility	Access to Information/ Services (Prevention focus)
Charlotte	Social Isolation and Social Engagement	Food Insecurity	Affordability and Sustainability of Services	Transportation/ Mobility	Caregiver and LTC Support

Discussions on:

- Community challenges and solutions
- Community’s strengths and assets
- What is needed to age in place safely and comfortably
- What could be done to enhance the quality of life for community members

Age My Way NC Key Findings

People want to stay in their communities and not relocate

People want to age in their own homes

Individuals worry about when they won't be able to drive

People worry about becoming socially isolated

Employment for older and disabled adults is important issue that needs to be addressed moving forward

State Aging Plan Community Survey

60.9% rated their community as a good or very good place to live for people as they age; 76.1% rated their health as good or very good.

Older adults enjoy participating in various community activities (religious/faith-based organizations, community events, libraries, and senior centers were highest selected options)


Quality long-term care options, financial security, having enough food to eat, and having access to social engagement opportunities were rate as very important

Being unaware of service availability was rated as the highest reason for inability to access needed services

Information about community services are mostly received by family, friends, word of mouth, internet/websites, and senior centers as highest selected options

Domains of Livability Roundtable Themes

- Reassess affordability and prioritizing funding
- Communication: education/training/awareness
- Cross-sector collaboration to break down silos
- Public participation & increased engagement
 - Intergenerational and multi-generational approaches
 - Community-focused approaches
- Equity
 - Rural vs Urban
 - Disparities: racial/ethnic populations
 - Redefining aging and reframing messaging
- Streamlining processes and infrastructures
 - Implementing changes earlier in the process






Age my way!

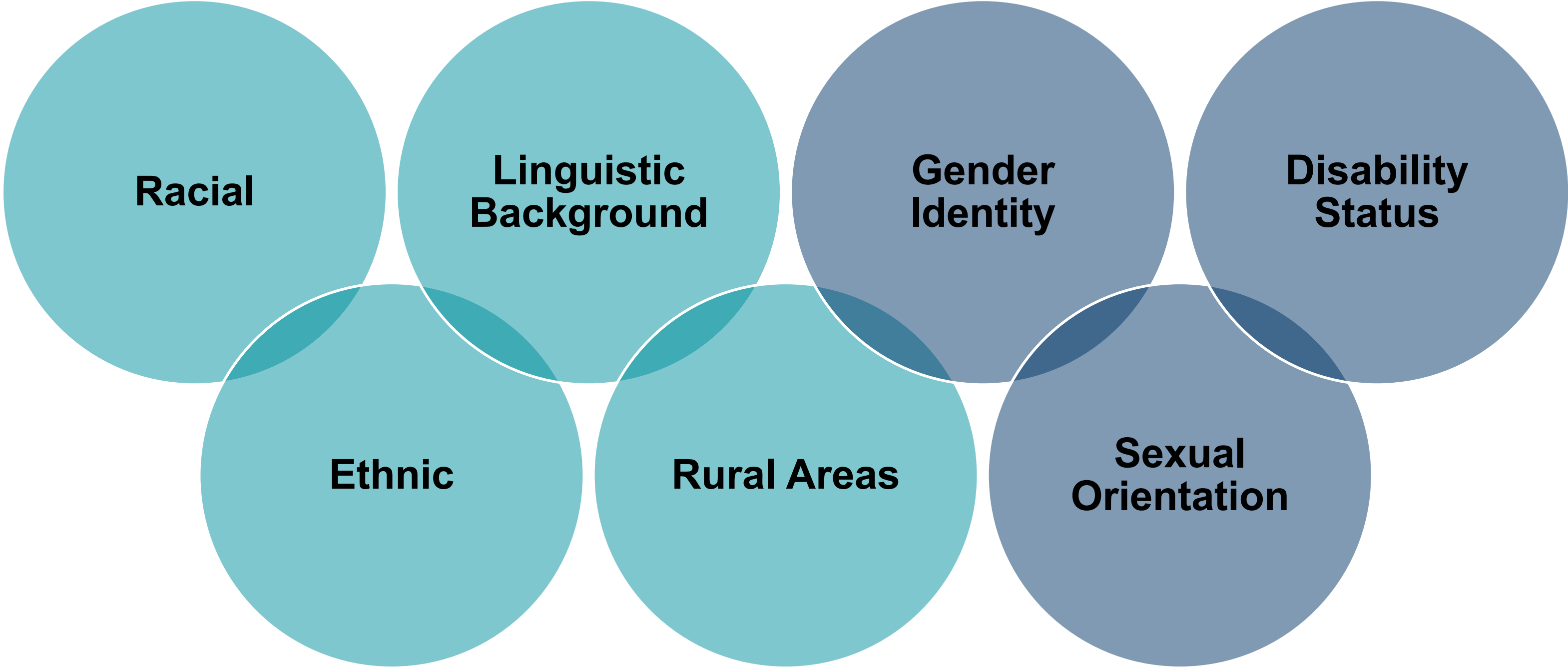
AGE MY WAY NC SUMMIT

AARP Domains of Livability: Guiding Questions

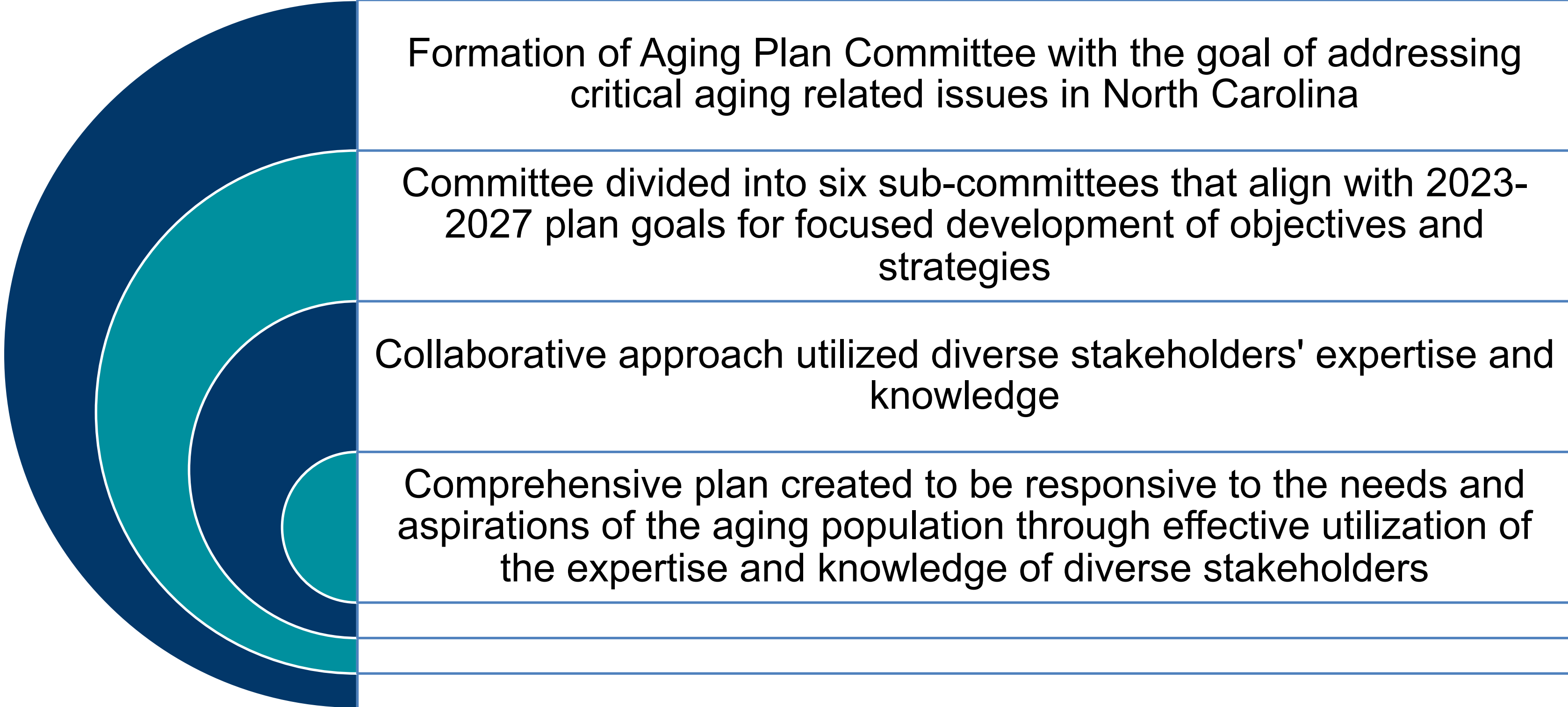
- What does this domain mean to you?
- What are some examples of best practices?
- What are some gaps?
- What is needed now and in the future?

 NC DEPARTMENT OF HEALTH AND HUMAN SERVICES  **AARP**[®] North Carolina  **HOMETOWN STRONG**
COMMUNITY FOCUSED PARTNERSHIPS

Equity is Baked Into the Process



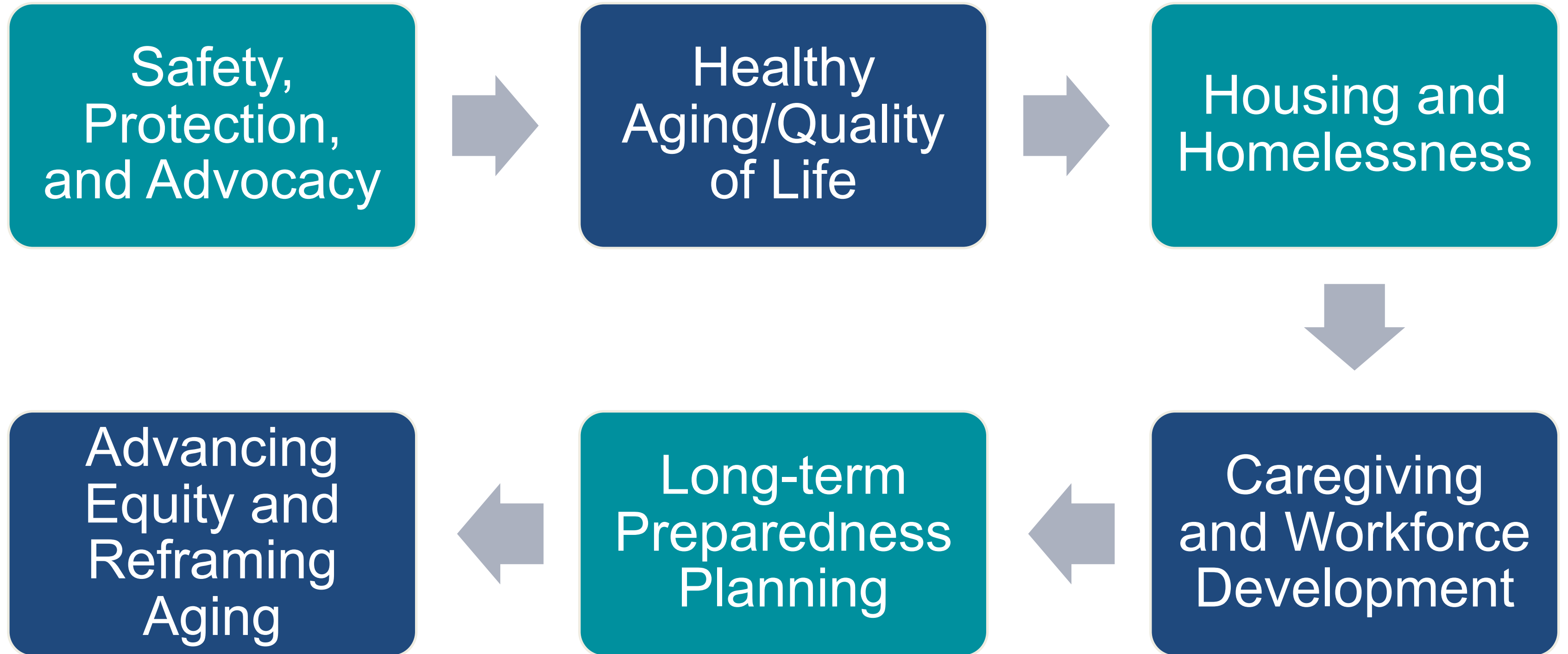
Formation of Diverse Aging Plan Committee



Partnerships/Collaboration

- Area Agencies on Aging
- Governor's Advisory Council on Aging
- Senior Tar Heel Legislature
- NC Coalition on Aging
- NC DHHS:
 - Division of Health Benefits
 - Division of Mental Health/Developmental Disabilities/Substance Abuse Services
 - Division of Services for the Blind
 - Division of Services for the Deaf and Hard of Hearing
 - Office of Diversity Equity, and Inclusion
- Foundation for Health Leadership & Innovation
- El Centro
- SAGE USA
- Carolina Aging Alliance
- Orange County Department on Aging
- NC Center for Health and Wellness
- Resources for Seniors
- West Marion Community Forum
- WNC Bridge Foundation

2023-2027 Focus Areas



Safety, Protection, and Advocacy

Use policy, advocacy, education, and a multi-disciplinary approach to protect the rights of Older North Carolinians from abuse, neglect, and exploitation.

Educating stakeholders on protecting vulnerable older adults & indicators of maltreatment

Promoting APS transformation

Empowering long-term care residents and caregivers

Advancing advocacy efforts for policies and programs promoting healthy aging

Healthy Aging/Quality of Life

Support programs and partnerships that improve the health and well-being of older North Carolinians.

Addressing food and nutrition security needs

Improving transportation options and supporting inclusive transportation systems

Promoting evidence-based health promotion and disease prevention (EBHP/DP) programs

Coordinating falls reduction efforts

Raising awareness about senior centers

Mitigating the effects of social isolation and mental health challenges.

Housing and Homelessness

Adopt an equity-centered housing lens approach to enable older adults to age in their place of choice with the appropriate services, supports, and housing opportunities.

Enhancing home and community-based services for older adults and improving housing conditions to support aging-in-place

Developing a comprehensive system of services to effectively address and ultimately end chronic homelessness among older adults

Caregiving Support and Workforce Development

Advance equity, accessibility, and inclusion through informal and formal caregiving support.

Strengthening, supporting, expanding, and diversifying the direct care workforce

Providing comprehensive support to family caregivers

Raising awareness about Alzheimer's disease and related dementias

Improving access to aging and disability services through a coordinated system

Enabling individuals to remain in their preferred living arrangements

Promoting social, emotional, and physical well-being

Long-Term Preparedness Planning

Incorporate innovative practices learned through COVID-19 and create reliable systems and infrastructures that will have the capacity to serve the growing aging population, all while recognizing the need for communication equity to foster involvement from all stakeholders.

Enhancing and evaluating current systems and infrastructures

Improving critical services and supports

Promoting communication equity in emergency management and disaster preparedness

Developing a comprehensive state-led Multisector Plan for Aging

Supporting the implementation of the Medicare-Medicaid integration strategy

Advancing Equity and Reframing Aging

Advance equity by supporting and encouraging older adults of all backgrounds and their support systems to access information that helps them make informed choices about support services at home or in the community.



Enhancing equity-centered communication to marginalized groups

Fostering inclusion among underrepresented populations

Advancing digital equity and connectivity literacy

Evaluation and Accountability: Measuring the Plan

Clear data measures and expected outcomes highlighted in 2023-2027 plan to assess the impact of our strategies

Next Steps:

Embedding a data equity lens throughout the data collection, analysis, and communication process

Developing a public-facing data dashboard as a part of our commitment to transparency, accountability, and equitable progress

Exploring Measures and Expected Outcomes

GOAL 5: Incorporate innovative practices learned through COVID and create reliable systems and infrastructures that will have the capacity to serve the growing aging population, all while recognizing the need for communication equity to foster involvement from all stakeholders.

OBJECTIVE 5.1: Evaluate current systems and infrastructures in response to the evolving needs, services, and communication access for our aging population’s well-being.

Example:

STRATEGY	PERFORMANCE MEASURES
<p>Strategy 1: In partnership with the AAAs, local service providers, advocates, and other key stakeholders, develop ARPA Sustainability plan through in-depth ARPA program evaluation and advocacy efforts.</p> <p>Sub-strategy 1: Conduct fiscal and programmatic monitoring to ensure that all COVID-19 related funds are expended as stipulated by ACL through in-depth ARPA services program evaluation to identify strengths, challenges, and opportunities for improvement.</p> <p>Sub-strategy 2: Examine initiatives undertaken with ARPA funds to determine innovations that should be continued with necessary state support.</p>	<p>• By June 2024, develop ARPA sustainability plan and complete in-depth program evaluation to determine innovations that should be continued with necessary support.</p> <p>GOAL 5 EXPECTED OUTCOMES</p> <p>OBJECTIVE 1</p> <ul style="list-style-type: none"> • Improved sustainability planning and program evaluation for aging services and supports to better identify strengths challenges, and opportunities for improvement. <ul style="list-style-type: none"> — Development of sustainable policies and decisions that affect older adults and maximizes community benefits.

